

Barbarian Swimmers

Bronze Water Safety Skills

Learning Outcomes

Assessment Standards

Demonstrate the ability to:

Maintaining the following:

- 1 Perform a safe entry, wearing T-shirt and shorts, swim 100 metres on the front, collect a buoyant aid and show the HELP position for 1 minute then swim 50 metres with the aid and climb out unassisted
- 2 Tread water for 3 minutes wearing T-shirt and shorts
- 3 Float in a supine position for 1 minute wearing T-shirt and shorts
- 4 Perform a feet first surface dive wearing T-shirt and shorts and swim 5 metres underwater
- 5 Perform a headfirst surface dive wearing T-shirt and shorts and swim 5 metres underwater
- 6 Swim sidestroke for 15 metres
- 7 Simulate the actions of a weak swimmer
- 8 Perform a reaching rescue using an appropriate aid
- 9 Perform a throwing rescue over 8 metres using an appropriate buoyant aid
- 10 Explain 3 safety rules at the swimming pool

ALL the above skills are to be performed in deep water, unless otherwise stated

CLOTHING REQUIRED:

- T-Shirt & Shorts

The next badge is ***Shark 3***